

# today

## starter

### california roll

japanese rice, avocado, crab meat and cream cheese, rolled in dried seaweed served with wasabi horseradish and a light soy dip

### caribbean pepper pot

island flavored soup with yams, okra, pepper, coconut and cilantro

### chilled avocado soup

garnished with diced tomatoes

- ♥ medley of garden and field greens  
choice of dressing

## main

- ♥ mongolian steak salad

mixed garden and field greens tossed in oriental dressing  
garnished with sliced marinated grilled top sirloin steak and toasted sesame seeds

### oven fresh, french baguette

filled with romaine lettuce, marinated shrimp and crab meat

### spaghetti zia teresa

tossed in italian tomato sauce, topped with fresh mushrooms and meat balls  
freshly grated parmesan cheese

- ♥ pan fried fillet of king clip nicoise

diced tomatoes, olives, bell peppers, garlic and virgin olive oil

### vegetable fajitas

warm soft tortillas, served with onions, peppers, pico de gallo  
guacamole, sour cream and cheddar cheese

### create your own burger

freshly grilled lean beef burger on toasted sesame bun with crisp shoestring potatoes  
american cheddar cheese, sautéed onions, bacon, guacamole, sautéed mushrooms  
chili con carne, pick your choice of topping

## dessert

- ♥ strawberry banana mousse

lower in calories and sweetened with sugar substitute

### chocolate gateau

### crème caramel

### ice coupe "black forest"

chocolate ice cream, bing cherries, raspberry sauce, whipped cream

### ice cream & sherbets

vanilla, chocolate, strawberry, orange, pineapple

- ♥ denotes healthy options which are low in fat, cholesterol and sodium